

# **How To Get Your Power Back When He Cheats On You**

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## **For Women**



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# **Cheating – For women - Coaching**

Check this link:

<http://vitalcoaching.com/coaching.htm>

# **Part 1 – Key tactics to get your power back**

## Shift your mind!

What I am going to say is radical. The truth is that half measures do not work when your partner cheats on you.

You have two options:

- The first one is to take the victim role.

You can go to therapy and spend hours talking about how good your relationship was. You can spend months trying to understand why he did it. After a while, all your friends will run away. They will use words like pathetic when they talk about you.

- The second option is to get your full power back.

A cheating crisis is a battle situation.

It is a crisis!

You have been invested in him for months, maybe years.

After he cheats on you, you might be tempted to keep on giving and get back nothing.

Your whole mind set needs to shift and be repolarised to one single priority: you!

There is no soft approach here.

He has too much power over your mind and it is killing you.

It is a self destructive spiral which annihilates your life.

Why?

Because he is in your mind.

More! He has power over you.

You are not master of yourself anymore.

What you want is a new mind set.

## How To Get Your Power Back When He Cheats On You

The old mind set of the victim is killing you.

You want to defend your life and territory.

How to do that?

You radically shift the way you stand in it:

Wake up your survival instinct and face the challenge.

When you are not over it, you are under it, right?

Being under means carrying a useless weight which drains you and takes away your strength.

Why is that happening?

You have no power.

In fact, he does.

Here are some key mind sets you need to wake up in you.

These are survival strategies.

They are not optional.

If you don't apply them, your are dead!

- **You are not a victim, you are a winner.**

In fact this cheating crisis might be the best thing which ever happened to you. Put it this way: you are now awake!

- **You don't need him**

This is an illusion. You are perfectly fine with or without him.

- **You will meet new men**

Right now, he does not deserve the attention your give him. If by any chance you break up, you will have new options.

- **Alcohol or drugs does not help**

Getting drunk is the worst thing you can do. Drinking does not give you your power back. In fact it does exactly the opposite.

- **Find out exactly what is happening**

Do whatever it takes to find answers. Spy on him if you have to. Ask friends. Ask him direct questions. Confront! Demand answers.

- **Express your anger and frustration if you want to**

Expressing freely what you feel is good. Do need to suppress or hide what you feel. Bring it to the surface and say what you want to say.

- **Focus on yourself! Do not pursue him!**

Hello!!! He is the one who cheated, right? Don't pursue him as if you were the guilty one. Don't try to gain him back right now. It's his task to solve the mess he just created.

- **Take some emotional distance**

Give him the cold shoulder for a while. If you don't live together, stay away from him. If you live in the same house, stop interacting with him. You don't have to be soft right now.

- **Stay healthy!**

Don't let this event take you down physically. Stay away from alcohol or drugs. Take care of your body, eat healthy, exercise and get enough sleep.

Same goes for work, business, career or studies. Make sure that this challenge does not impact on your performance.

Make sure that no one gets physically hurt.

- **Protect your personal space**

If you live together, make sure he does not bring her home! This is like double cheating. Scream and yell if you have to. Make sure that your personal space stays emotionally safe for you!

- **Protect your children**

## How To Get Your Power Back When He Cheats On You

If you have children, his cheating is an attack on both you and your family.

It is time to nurture and feed the connection with your children.

- **Don't cheat as a revenge!**

I know that you might be tempted to go for a one night stand with his best friend as a revenge. Don't go that way! Dealing with one cheater is a challenge. If you go that way, you'll have to deal with twice the pain.

Go for a drink with a male friend if you need some masculine comfort but don't get intimate. You might blame yourself later for it and add to the present challenge.

- **Give yourself a couple of weeks before taking a decision**

Of course, in the middle of it, you'll ask yourself: "Should I stay or should I go?"

Express your anger but don't take long term life decisions out of anger.

Get clear facts and cool down, so that if you kick him out or move on after that, you do this in a "serene" state of mind.

- **Get real!**

There are many reasons he did what he did. Most of them have to do with fulfilling his own needs. Get real about who he is and what he wanted. Don't defend him.

This is what a winner would do.

Again, in a cheating crisis, you need to wake up your power and see this as a battle for survival.

Soft approaches don't work!

It is a waste of your precious time.

You have the power to force yourself into a new mind set.

This new mind set gives you freedom, space and instant recovery.

## How To Get Your Power Back When He Cheats On You

The question is: what do you want? This is about your own survival.

Do what it takes to express your full power.

These directions are battle strategies.

Tap into your survival instincts!

In the core of your being, you do have emergency resources you can wake up.

These resources are powerful!

Wake them up now and win this challenge!

## **Why it hurts**

It hurts because it is a betrayal.

When you are in a committed relationship, you agree to sexual exclusiveness.

This is part of your natural human needs.

This means that you are up to someone in a very profound way.

Cheating is a betrayal because it usually involves lies and the non-respect of a pact.

## **Why he might have done it**

He decided to put his personal needs before the needs of his relationship with you.

When a cheating opportunity shows up, you have always a choice to make. If you go with it, you betray the spirit of your relationship and respond to something which goes beyond the limits of the couple.

When you are committed or married, you have this moral and sometimes legal contract which empowers your couple.

When he cheats he responds to a totally different set of impulses.

It is a mixture of instinctual sexual needs and the "call" from another woman who invites him to create another "love cell" with her.

## **How to shift the way you stand in this**

In a situation like this one, you tend to take the victim role.

By doing so, you question your partner, question the facts, try to understand, say it is unfair, etc.

As long as you stay in the victim role, you stay powerless.

You want to react on the spot and shift the way you stand in this.

How?

By waking ups straight away!

Face the facts!

Denial or cover up is a killer for you in such situation.

You want to get your full power and dignity back.

When you are in a relationship, you give and receive, right?

If he cheats, you actually give more than what you get back.

Something's wrong.

The moment you find out that he cheated, you want to shift to battle mode.

It's time to wake up your emotional weapons, survival instincts and go to battle.

This battle is a fight to gain back full control over your existence.

There is a threat and you want to master it!

You want to fight until you make sure that your personal and emotional space are secured.

## **Anger and frustration are okay**

Anger and frustration are okay as long as you don't physically act on them and do something stupid.

Anger and frustration are the signs of an energy wanting to break free.

Anger is the conflict between an existing mind set and a new mind set wanting to break through.

This is why it is a good sign.

Your anger and frustration are expressions of power.

They are the signs that something wakes up in you.

Be comfortable with it.

Go to the gym.

Go outdoor and scream if you want to.

Don't feel ashamed.

Don't suppress or cover it up.

It is a freeing force and it is natural.

Anger and frustration are visible reflections of your inner power.

They are a warrior's emotion.

You are in a battle field.

Dare to be okay with it.

No need to be ashamed.

There is a strong limit of course: don't hurt yourself or anyone else.

Think about it: breaking plates is by far not the most productive way of expressing your anger.

## How To Get Your Power Back When He Cheats On You

Go and do some power building in the gym instead, sign in for karate, kick boxing or something along that line.

This will be much more effective and productive and help you get back in touch with your center.

## **Do you feel pain right now?**

Pain is natural.

It comes from the fact he cheated, right?

It creates stress on you because his actions impact on your life.

If you feel like kicking him out of your life right now, it is because you want to remove the connection you have with him.

It hurts because you are connected.

It hurts as well because the emotional foundation you based your life upon is called fidelity, faithfulness or mutual commitment.

When he does not respect this core value he attacks the very center of your beliefs and emotional foundation.

Part of getting your power back is about putting some distance between the two of you.

You want to establish new sources of support and energy in your life and as well tap into new sources of power inside yourself.

These new resources will give you greater energy or emotional autonomy.

I am with you on this.

I know this can be tough and I know how you might feel right now.

I am committed to helping you reclaim your full emotional freedom and satisfaction.

You get my total undivided support with this.

## **Should you take revenge?**

No, not now.

Your first priority is not to hurt him back.

Your first priority is to get your power back and protect yourself.

Revenge leads to conflict escalation and at the end, it is a loose-loose for everyone involved.

It becomes draining and the focus of your existence.

Your life and his life can fall apart even further.

Don't go that way.

Your first priority is to protect what is yours.

## **Should you cheat on him as revenge?**

Same story here.

If you cheat now out of revenge, you might do things you could regret later.

It is not the way to go.

Of course, you can seek the comfort and emotional protection of a male friend.

This will give you a warm feeling and be empowering for you.

Now, don't have sex out of revenge.

This probably goes against your core love values and I do believe that it's almost on yourself you would be cheating when going that way.

## **What if you know the woman he cheated with**

Stay calm and dignified.

If you interact with her, you don't have to be kind.

Be cold if you want to.

Don't let her action put you down.

Look at her straight in the eyes and let her clearly know that you stand straight in this.

It is time to unleash your psychic weapons and let her clearly know that you are not defeated.

Your dignity is untouched.

## What if you have children?

Protecting your children as well as yourself is a top priority.

How can you protect them?

I think that the best way to do it is to sit down with your partner and your children and behave like true parents in this specific situation.

This is a space in which you need to do this together.

Sit down the two of you with your children and tell them what happened.

Tell them that even though your couple faces a challenge, this does not take the love the two of you have for them.

Repeat this to them individually.

Tell them that you are both committed to loving them and giving them what they need.

Tell them as well that what is happening is not their fault and that it is related with your own individual needs as adults.

It is important that this message comes from the two of you and that you both commit yourselves to not letting this impact negatively on your children.

Speak to your partner about it before hand. Say something like:

“Look, I know that what we face now is a challenge for both of us. Now, I want to protect our children in this. Even know you cheated on our couple, we have to make sure that we stand together in this. We need to tell them a few words about what is happening”

When you say standing in this together, means that as parents, you take decisions together and care as one unit for their education.

This can happen whether you are in a relationship with their father or not.

## How To Get Your Power Back When He Cheats On You

I know it can be tempting to try to cut him from seeing his children, but my advice is simple: don't go there!

Your children would suffer from it and at the end he keeps his responsibilities as father no matter what.

Don't use them in this.

Make sure you protect them instead and respect in all aspects the connection they have with their father.

If he is not the biological or legal father of your children, then it's another story of course.

Decide in such case what you feel is appropriate.

If you are the sole parent or their real father is somewhere else, basically the man who cheated on you has little or no rights.

## **Kick him out on the spot?**

Your first priority is to make sure that your personal and emotional space are safe.

Moving out is a big decision.

If you live separately, it is your right to tell him not to contact you for a while.

If you live in the same house and you have a practical possibility for him or you to move out, it could be a good idea to go for it for a while.

Let him move out.

Right now, you need emotional stability and comfort and moving out for you would be an extra challenge.

If you can, stay in the house you live in and ask him to live somewhere else for a while.

If for practical reasons you can't live separately, or he does not want to move out, you can still have separate rooms or sleep separately until you figure out what to do next.

There is one top priority:

He must not come anywhere near the house with the woman he cheated with.

Your personal space must stay protected.

Make sure he understands she is not allowed in your house.

Be firm! Repeat the message and reinforce it if he tries to bend this rule.

It is your right to express this.

## Should you tell your friends?

Yes!

In a situation like the one you face, it is time to look for the emotional and moral support where you can find it.

Now, no need to tell everyone.

You are looking for sources of support, not sources of blame or negative judgment.

Some people tend to use situations like this one to attack you on your life choices, attitudes or actions.

This can come from family, friends or colleagues.

If you feel someone won't be supportive and turn against you, don't share with them

Again, right now, you have enough challenge.

You are looking for sources of support.

Beware as well about the way you stand in this.

Don't let people pity you.

Pity is a draining emotion because it puts you down.

You can ask for support and still stand strong in this.

Again, you want to be a winner and face the battle. If someone puts you down, tell them they do and teach them exactly how to help you and empower you in this situation.

You can say something like:

"You know what; I know that what is happening is a big challenge for my life, but day by day, I see myself growing stronger and stronger. This experience will never take my dignity away. He cheated. That's his decision. My life is not finished! On the contrary. I see many possibilities for the future. I want to thank you for your friendship and allowing me to share this time with you."

## How To Get Your Power Back When He Cheats On You

This does not mean that you can't cry or express your anger if you want to.

It is healthy to say what you want to say but don't let people put you into a victim role.

## Should you break up?

The first thing you need to do when he cheats on you is to get your power back.

If you are not sure about breaking up or not, start by taking some distance and see how it feels.

To tell you the truth, the two options (breaking up or not) are open.

There isn't one given attitude which works for everyone.

Some people might tell you things like:

"Leave him"

"He is not worth it"

"What a bastard"

Etc.

The truth is that at the end, you are the one who takes the decisions, not your friends or family.

What matters is that you decide what feels right for you.

The key question is:

How much distance from him do you need right now?

You don't have to take a decision on the spot. In fact, I would advice you to take a sound decision once the situation cools down and you feel truly empowered, not just angry.

## **Is forgiveness an option right now?**

When you are just in the middle of it, there is no reason to suppress your anger or frustration.

The first step is not to forgive.

It is first to get your power, dignity and pride back.

You want to reconquer the territory of your existence.

This is your first priority.

Of course, on the long term, you need to finish any unfinished business and clear traces of negative emotions.

Forgiveness is a powerful tool when you want to get back together or simply be happy for everyone moving on with their lives.

Remember though that right now, you might still be in a battle situation.

You and your well being are top priority.

Forgiveness requires extra resources, for instance giving love and respect to someone who just betrayed you.

No need to force yourself in the "forgiving" role yet.

If it's too soon, it is truly okay to stay angry for as long as you need.

Forgiveness is a natural door which opens up once you feel strong and empowered again.

## **What if he begs you to take him back?**

Same situation here.

Let him speak.

No need to take a decision now.

He took his freedom by doing what he did.

Now, it is your time to be and feel free.

Take your time.

Take as much time as you need to feel fully strong and empowered again.

Don't let him force you or limit you in any way.

Right now, you are top priority.

If he feels guilty and truly upset, let him deal with it.

You are not his therapist. Let him take responsibility for what he did.

If you jump back into the relationship too soon, you'll probably go back to the past patterns which did precisely lead to him cheating.

The first thing you want is not to get back together; it is to have a serious assessment of what is going on in your couple and why he did what he did.

You want to understand the dynamics involved and what to do about it.

Couple therapy? Couple coaching?

It is an option and I would certainly encourage to get professional help with this.

## How To Get Your Power Back When He Cheats On You

Getting external feed back and support is an extremely empowering experience.

But first, take whatever time you need for yourself.

You and your well being are top priority right now.

It is okay to be selfish and think of yourself first until you recover your full power.

## **Stay away from alcohol and drugs**

Alcohol and drugs are self destructive spirals.

Stay away from them!

That's not you!

It won't be you!

This is pathetic and you want to handle this challenge in a different way.

You are in power.

You are not powerless.

Alcohol takes away your natural resources and stops you from rebuilding your mind.

It makes you over sensitive, vulnerable, drains your energy and is 100% useless in this situation.

The main risk in a crisis situation is to take a self destructive spiral.

Drugs or alcohol destroy you.

It is the best way to turn this challenge into a big life mistake.

You end up doing stupid things, crash your car or even hurt yourself or someone else.

Picking up the pieces of a broken relationship is a challenge.

You need your full functional abilities to do that.

Stay away from anything which diminishes your resources.

You are designing a new way of handling your break up.

You are designing a new mind set.

## How To Get Your Power Back When He Cheats On You

If you add to the existing emotional challenge, you'll make things worse!

Much worse!

Stay master of yourself and don't go into altered states of awareness where you'll lose yourself.

## Stay healthy

Don't let your break up impact on your health!

A break up is tumultuous time: sleepless nights, heavy discussion loaded with emotional content.

All this can drain your strength and energy.

If you stop eating healthy or miss on good night sleeps, you'll add to the load and make it heavier than it is.

Your priority is to keep the challenge to its real dimension.

Don't let the problem expand and impact on the other areas of your life.

A break up is a relationship challenge.

Make sure that your health does not suffer from it.

How do you do that?

3 simple steps:

- Eat healthy
- Exercise
- 8 hours sleep

The "guidelines" for health are always the same, but you need an extra kick of determination to maintain them.

Don't let your break up impact on your health.

Your body is your greatest assets.

You want to be fully functional on that level.

It is your task to protect what is yours.

Don't take a self destructive spiral.

Do what it takes to stay healthy!

## **Think Professionalism!**

Exactly the same goes for your career.

The last thing you want is to lose your job at the same time.

When you break up, the risk is to have the situation impact on your effectiveness at work.

Make it a priority to perform at work at 100%.

If you bring your personal problems to work, you'll be soon labeled by your colleagues and superiors.

Your career and work are your territory.

Same goes if you have your own business.

Simply don't let your break up impact on your professional life.

If you work in a team, there are good chances that you'll tell your friends what is happening.

If you keep on talking about it, everyone will get bored with it.

Put it this way: your colleagues are team mates.

They are there to perform.

They are not therapists.

It is not their job to support you with that.

Sure, they can help.

Sure, they'll be happy to give you feed back and talk about it a couple of times.

Now, if the only thing they hear during the break is the latest new of a divorce procedure, this will drain your and their effectiveness.

The solution?

Keep work and personal challenges separate.

## How To Get Your Power Back When He Cheats On You

If you need to talk, check with the human resources department and see if they have any support structure available to help you through that.

Book a couple of sessions with a therapist, psychologist or coach simply to wind up.

Your friends or colleagues are not trained to do that.

Sometimes, they'll give you wrong advice and add oil to the fire.

They will as well get tired of hearing your story.

They want to move on!

Give them space.

Keep work and personal challenges separate.

Don't mix them.

A couple of chats are of course okay.

Don't turn your professional space into some form of therapy class.

Keep your professional life separate from your personal challenges.

## Finding answers

When you break up, the main question in your mind will be: "Why?"

The main reason people break up is because the relationship becomes too limiting.

Your relationship was simply not giving your partner what he wanted.

He decides to look for it somewhere else.

It can be because of fights.

It can be because you two simply explored everything you could together.

You simply run out of possibilities.

The main skill to keep relationships going is called renewal power.

It is the ability to challenge each other within the relationship.

Renewal power brings in new qualities.

You consciously go beyond the limits of your comfort zone.

Too much security kills the magic and spontaneity.

Security counts only for 1/3 in the relationship's equation.

The rest is thrill, excitement, challenge, romance, change, renewal.

A relationship's life cycle tends to be very short nowadays.

In the western hemisphere, marriages last 7 years in average.

It is quite common to be madly in love for a year and then suddenly enter in a cycle of fighting with your partner.

The relationship's space seems to "saturate" and you simply end up being on each other's way.

## How To Get Your Power Back When He Cheats On You

Cheating is a way of escaping the relationship space and connecting with something new

Another common limit in relationships?

Lack of passion and challenge.

Basically you get bored.

This happens to millions of couples around the world.

The security dimension is not enough.

A couple needs new refreshing energies.

Waking up the passion in a relationship is a skill!

Find the answers.

Another common relationship situation is conflicting interests.

You don't agree on key relationship's issues.

Here are the most common sources of disagreement:

- Children
- Marriage and commitment
- Location
- Life style
- Interests
- Spending behaviors
- Etc.

This is about infidelity.

The key is to find out exactly what was missing before and do something about it.

Simply get your answer.

Of course, you can perceive behind these "reasons" a vaster reality or underlying dynamic.

You might summarize it by saying: "it was not meant to be".

We talk about destiny lines here.

## How To Get Your Power Back When He Cheats On You

Your life is an intelligent entity which designs pathways of evolution.

Some doors open up and others do close.

Sometimes, it is only after a couple of years that you truly see why something needed to happen so that a new door could be opened in your life or relationship.

Destiny line!

Your life vision!

Infidelity relationships is often part of the story.

Trust your spirit!

## How to deal with the emotional pain

It takes usually a few weeks to reclaim your full emotional freedom.

You gain your full power back and rebuild your emotional base by focusing on yourself first.

Right now, your being needs energy and attention.

Give yourself the top priority for the next few weeks until you are fully back on track.

The guidelines for your well being are always the same.

However, when you face such crisis, it takes extra focus, will power and determination to break through.

I know it is a challenge and I know how it feels.

Now, every step you take, which feeds your being is a step in the right direction.

Stop giving to him and give to yourself only.

Take at least ten steps a day which make you feel good and truly feed your being.

Spend time in nature, exercise, eat healthy, spend quality time with some friends (don't mention him this time 😊), focus on your career, business or studies.

Basically feed your being with positive and energizing life force.

This nurturing is what gives you back your full life tools.

Be consistent because you are the one in charge of your ship.

You are the one who has the power to make a difference right now in your life.

Every positive step you take brings you closer to where you want to be.

## Sexual needs

This is a chapter which goes far beyond this cheating crisis.

You can be in a relationship and have great sex life.

Or you can be committed and still be totally dissatisfied.

Sex is a natural human need.

When your ex cheats on you, you often end up with a gap on that level.

What to do?

Sexual energy is in you.

Now that you might be by yourself, you need to find a strategy to deal with these needs.

Basically, you have 3 choices:

- Suppress them for a while
- Self pleasure
- Still connect with your partner sexually

This last option is of course delicate because it is challenging to gain clarity and take some emotional distance if you are still intimate.

We enter here into a new area.

Sex in itself is a vast chapter.

A new e-book would be needed to treat it.

On the long term, it is all about consciously mastering your sex life.

Sexual energy is a natural source of energy in you.

The way you use it impacts significantly on your life.

It is a world in itself and what you want is finding a way to establish harmony and long term satisfaction on that level.

## How To Get Your Power Back When He Cheats On You

This cheating crisis is an occasion to discover more about your own sex life and how you function on that level.

Explore, read books, talk with friends, open up and gain extra skills on this topic.

Your life could greatly benefit from it on the long term.

## **Empower your personal base**

Cheating impacts on many levels in your life.

On one hand you have the emotional challenge.

On the other hand, you face as well a material challenge.

This challenge is related with fears about how to make it work materially if you wanted to break up.

In the middle of the cheating crisis, you might want some space temporarily rearrange your material base to fit with what you need right now.

This might involve:

- Finding another roof for a while
- Securing yourself materially
- Focusing on your career, business, profession or study
- Making sure that your personal space is secured
- Etc.

If you go all the way to breaking up, you face another set of challenges:

- Who gets what?
- Where do you live?
- Are you kicking him out of your house?
- Do you have the material resources to live on your own?

All these questions add to the emotional load.

Suppose your material base is not threatened.

You have security and enough resources.

What is left is the emotional challenge, right?

Dealing with the material issues in a cheating crisis is one key challenge.

In fact it is half of the story. If you secure your personal base, it is already half of the challenge which is solved.

## How To Get Your Power Back When He Cheats On You

You want to gain as much control as you can over your material base.

Protect your personal space.

You are in control and you deserve security in the space you live in.

It is okay to focus on transitional, emergency solutions until things cool down.

Secure what you can.

Focus on what is yours.

Be selfish for a while and don't give your energy away.

You and your well being are your first priority.

Secure your personal base.

Eventually, start reshaping your administrative body to reflect a greater autonomy from your partner: bills, memberships, credit cards, address, etc.

This will give you a sense of control over your own existence which is very good.

All these elements are what you call your personal foundation.

Express your power in that area.

How?

By gaining greater control over these aspects of your life.

Have control over your time frame, your personal space and your administrative body.

In a cheating crisis, that's half of the challenge: partially recovering a sense of material autonomy.

You are the master of your ship.

Recover your full power.

## How To Get Your Power Back When He Cheats On You

Whatever power over your life he had in the past, take some back from him.

It is your life.

Get back control over key aspects of your material base.

It is your basic human right to be in control of it.

When you are in a relationship, you tend to delegate part of your authority to your partner.

You make concessions, chose together, take decisions for the future, etc.

When he is cheats, he betrays the trust you put in him. Focus on gaining back some will power, independence and authority over your existence.

This power recovery is an essential step.

Take it back and use it.

Try it and see how it feels to be fully in charge again.

## **Was this relationship a mistake?**

Suppose that your relationship faces a challenge or comes to an end, does this mean that your relationship was a mistake?

If he cheats on you after 3 years together for instance, the relationship did work!

Facing this challenge after 3 years does not mean that it did not work; it means that it worked for some time and you are now in a new phase in the way you relate to each other.

It is very common to have thoughts like: "I failed", "we failed to make it work", "It was not meant to be".

This is not true.

A relationship happens within a time frame.

What is true today might not be true tomorrow.

When you say today: "I love you", this stays no matter what.

Relationships simply have shorter life spans.

You go through a full relationship cycle in a shorter period of time nowadays.

Why is that?

Everything goes faster.

You need change, renewal and you put yourself first as an individual.

100 years ago, you would stick together because of a need for survival.

It was simply impossible to manage alone.

It was as well not accepted.

Today, most people are okay with being single for a while or doing their own thing.

## How To Get Your Power Back When He Cheats On You

Your material survival does not depend on the “couple cell” anymore.

You can manage on your own.

This gives you freedom and takes some power away from the relationship.

It gives back power to the individual rather than the couple.

You are okay by yourself.

Society accepts it.

Does it mean that your relationship did fail?

No! Not at all!

The good times you shared are still there.

They are alive in the past and won't be erased from your memory.

The target might be different than what you expected.

Maybe the goal was not to be together forever but actually to share something meaningful for a while.

Don't be afraid of shifting and moving forward.

You can have a dozen successful relationships in a life time.

The fact that something ends does not mean that you failed.

It means that it ends and something new is being born.

It is part of life to go through a cycle of birth, life and death.

When a relationship ends, you simply start a new cycle.

That's what a break up is: it is the end of a cycle and the beginning of a new one.

You can stay focused on the old cycle and fail to see the new one starting, or you can focus on the future and enjoy this force of renewal which moves you forward.

What do you need to start a new cycle?

Freedom and independence.

You need your mind to be free from the past.

This does not mean that memories are not there, it means that these memories do not control your present life.

Emotional freedom is the key.

You see, a new cycle is an occasion to be “reborn” (sorry for the cliché) into a new reality.

Accept the relationship life span as a natural cycle of birth, life and death.

The moment you realize that this is natural, you’ll realize as well that you can go with the flow.

A break up is a new start as well.

Work with the forces of nature rather than against them.

## **Does it work to get back together after infidelity?**

Sure it can work!

However, you need to mature and loving adults to put back together a broken or hurt relationship.

A key ingredient to get back together is his sincere remorse and awareness that what he did was self destructive for everyone involved.

Another key ingredient is the willingness to shift what needs to be shifted in your relationship and establish open dialogue with your partner.

Cheating happens for a reason and you want to understand the true dynamics of what happens between the two of you.

## Open relationship?

There is another option: shift to an open relationship.

Sometimes two partners want to stretch the limits of their relationship, and design a new model of relating to each other.

You enter here in the area of open relationships, polyamory, polygamy, etc.

This means that you are no longer exclusive and give each other the space to share love and intimacy outside of your relationship.

Many couples manage to make this work but it does require lots of maturity, love and understanding for each other.

If you feel like this is what your relationship needs, why not mention it to your partner and have an open conversation about it.

You need two persons fully agreeing to it to make it work. I think that less than 10% of couples are actually fit for it.

When you go that way, you remove a sense of possessiveness and control in the relationship and opt for more mutual freedom including sexual freedom.

Sometimes, you still love your partner but more as a friend rather than a lover.

You decide to stay together for your children for instance or because you truly enjoy each other's presence.

An open relationship is simply a new set of boundaries in the relationship.

It is important to realize that there are many ways of relating in a couple.

If you feel that one or both of you can no longer be exclusive, this might be a healthy compromise which gives you both the space you might need while still staying together.

## **Should you “take it” in the name of family values?**

No, you shouldn't.

We live in an era in which your life no longer needs to be sacrificed.

You and everyone else in your life has the power and the right to have a totally fulfilling existence.

No one needs to loose!

You can design win-win situations for all those involved including yourself.

Even if you are a mother, you are still a woman and your needs, desires and satisfaction are your right.

Form birth, you were given the right to own your life.

Being in a relationship or being a mother doe not take away that right.

You are still and always the center of your existence and you are the one who decides where your life goes next.

Take care of those you love but don't put your needs aside.

# **You are not a victim, you are a winner!**

There is a risk when he cheats on you: it is the risk to feel sorry for yourself.

Friends, family, even your partner might project on you this aura of pity.

Kick this out of your mind.

YOU ARE NOT A VICTIM!!!

Capitals, exclamation marks!

Yes! I am screaming.

Shift your mind set!

Your life is open in front of you.

You are free!

Sure you had other plans.

Sure some of your dreams did collapse.

Sure he cheated.

Sure you loved him.

Is this the end?

No way!

Why Not? Because there is a magical force in you: it is called survival drive.

You have the power to recreate your life any time anywhere.

Use your resources.

You are not a victim, you are a winner!

## How To Get Your Power Back When He Cheats On You

You are free and space is open in front of you.

If you go into the victim mode, you are done.

That's the end!

You are not a victim.

You don't need people feeling sorry for you.

Sure, some compassion and understanding are okay but how long will you stay in "it"?

Give yourself a week.

1 month maximum!

The best? Mourn in 1 day! And rejoice!

Yes, rejoice!

Who or what on earth would you respect when putting yourself down?

You don't owe anything to anyone.

It is okay to show your power.

You don't need to make yourself smaller than you are.

It is all about mastering this cheating crisis.

Life does have storms.

Go through the cheating storm as a winner.

You need power to keep the rudder steady.

You are not a victim.

You are a winner!

Get you full power back.

It takes strength and determination.

## How To Get Your Power Back When He Cheats On You

Go for it!

Kick yourself and shift your mind set. Now!

# **Part 2 – Real life situations with best strategies**

## How to protect yourself if he cheats on you

If he cheats on you, I know exactly how this can make you feel.

To deal with this, you need a brain new mind set.

The emotional foundation you were in no longer works because it is based on the couple you created with him.

Now, that he cheated, he betrays the spirit of what you share and basically becomes your enemy.

The first step is to gain your full power back.

Infidelity is like a form of break up.

The life visions you had collapse and you end up in an emotional no man's land where you are looking for a new mind set.

The more you invested in your relationship, the more it can hurt.

The best thing to do is to wake up and step back slightly out of your relationship with him.

You need an emergency set of strategies which shifts the way you stand in this situation.

There is only one priority: get your power back as soon as possible.

You don't want to deny what is happening and what you feel.

This is the moment you need to wake up your warrior spirit and protect yourself.

Your life is under attack and you want to shift gears to handle this challenge.

Practically, what do you do?

- **Be prepared!** Realistically the chances that your partner would cheat are quite high. This does not mean that you don't

trust him. It means that you have some emergency strategies ready just in case.

- **Call for help from friends, family or professionals.** Get the emotional support you need.
- **No need to solve the issue straight away.** There is no need to take a decision on the spot. Give yourself a week to digest first.
- **Make sure that this challenge does not impact on the other areas of your life.** Stay healthy. Focus on your work, studies, business or career.
- **Take some distance.** If you need space, take it! It is your right!
- **Express your anger and frustration if you want to.** No need to suppress.
- **Stay away from alcohol or drugs!** They don't help; they make you weaker and more confused.

These are some key emergency strategies.

They are the ones you can apply on the spot.

Once the "wave" passes and you digest a bit what happened, it is time to think and design something longer term.

We'll check this next set of strategies in another advice.

Be in power!

## He cheated - Now what?

When this happens, you often get friends and family involved.

Your female friends will often direct you to split.

Sometimes it's almost like you have to kick him out of your life to satisfy these external pressures.

It is important for you two to stay in control of what is happening

This is something between you and him.

I would keep away what you family or friends think about it especially if it does not somehow feel right or complete.

It's your life, so don't act under pressure.

If he is sincere in wanting to come back, apologizes deeply and truly feels this was a big mistake, it is okay to forgive him or take him back.

Give it some time though.

That's the way sometimes relationships grow and become even stronger.

If you decide to split for a while and he tries to contact you often like calling every day for instance, it's okay to put your boundary: "Look... don't contact me for a couple of weeks. I get your message. Now you have to respect this. If you want a chance, I ask you to do that."

If he is sincere, you have all the chances to be able to make it.

Now, I feel that both doors are truly open.

It can go either way: splitting or getting back together

It is an occasion for you to grow and empower yourself, understand more about your love and trust your instinct.

## How To Get Your Power Back When He Cheats On You

I mean, after you heard everyone's opinion (including this message), make abstraction of all that and follow your instinct at 100%.

If you choose for giving it another chance, should you go in the relationship the same way?

You need to add something.

If you don't want this to happen again, you need to have a serious chat with him and strengthen your connection in a different way.

You can say something like: "Look, for me this was hell, and I am not about to go through it again. I have the power to forgive you this time, but I tell you, it happens again and I am off forever"

You need his commitment at 100%, so make sure you get it before you open up again.

You can say something like: "If the occasion would happen again, what would you do? What would you tell to a girl who is after you?"

Find out if he got the lesson.

I know it's tough but it is essential to stay awake with relationships.

More than 50% of people admit having cheated at least once on their partner.

It's always good to keep that in mind.

It can happen to anyone, anytime.

You can be the cheater or the "victim".

Infidelity is a crisis.

Develop these extra skills to effectively deal with this challenge.

## **He cheated with a colleague - Should I take revenge?**

Revenge means war, right?

It means separation and division.

If you want to teach him a lesson and go for your own extramarital adventure, feel free to go for it.

Will this help get you closer?

It might make it harder to get back together as you both let go of your couple role. On the other hand you'll then be on an equal ground and in the best position to decide if you want to stay together or not.

When your partner cheats and you don't, it creates an unbalance of power and experience.

If he shows true and deep remorse and he wants to put this "mistake" behind, revenge is not the best option.

If you go that way, you'll have to deal with twice the challenge and it will make it heavier to sort all this out.

If you want to stick to the committed couple model and empower your relationship, dialogue works better than war.

This does not mean that you have to open straight away to him. You can put some distance for a while between the two of you until you truly recover your strength.

When you don't take revenge, you give priority to your relationship and empower the spirit of what you share.

It's like being in a temple where one of the two pillars is wobbly.

You need to put out twice as much energy for a while.

It is a crisis and it requires emergency resources.

## How To Get Your Power Back When He Cheats On You

On the other hand, cheating means that your partner gives up his role.

Cheating is betrayal of a marriage or relationship contract.

The moment he breaks this contract, you are back to your starting point: you are both free.

In a way, maintaining the relationship is not your responsibility anymore as he “stepped out”.

You can now think of yourself first if you want to.

It is okay to be selfish and do whatever you feel is right for yourself.

In a way, there is a decision to be made on your side.

Take a minute to assess your options and follow your instinct.

If your instinct tells you to go for your own affair, take small steps in that direction, you might as well realize as well that it’s not truly what you want.

Try a few small steps in all directions if you are unsure of what to do next.

For instance if you have another guy in mind, try giving him a call and see how it feels.

If you can’t even bring yourself to picking up the phone, don’t force it.

Let go and try the other options.

## **He lied to me! And slept with another woman!**

You have all the right to be angry!

Express whatever you want to in whatever way you feel is appropriate.

Insult him, fight and argue if this what you need right now.

Don't try to put a lid of contentment on this undergoing frustration or anger.

Express it!

Get it out of your system!

This is the first step.

You don't have to be diplomatic right now.

You can say boldly what you feel and what you think about him right now.

Dare to express what you feel. This will have an amazingly effect on you and will empower you.

After a couple of hours of shouting at him, you might suddenly breathe in and tell him:

"Whaou! I really need to get this out of my system, you stupid jerk!"

## **My husband told me that he is addicted to cyber sex**

Is this cheating?

Well, not exactly.

What is destructive about it is the addiction side of porn and cyber sex in any form.

It is not that different from any form of addiction like substance abuse or alcohol in the sense that it shifts the dynamics of your relationship.

It can put distance between the two of you.

If you notice this happening and you want to act on it, here is what you can do:

- Protect yourself
- Share

The moment you share with him rather than judging, you open an avenue of complicity between the two of you.

Ask him about his fantasies and what turns him on (even if you know you can't "compete")

One of the greatest problems with sex addiction is guilt.

If you can stand in this without projecting judgment or demands, it will strengthen the complicity between the two of you.

He will feel that there is nothing to "fear" from you and it is okay for him to simply be himself.

Now, you can establish simple boundaries if you want to.

For instance, if you don't want to get involved in this "addiction", ask him to keep all that for himself. You don't have to walk around seeing pictures of pinups on his screen. Would he be happy if you

were reading the latest issue of "Play Girl" Sunday morning at breakfast?

Of course not.

This is your house as well and (same as with smoking) you can establish healthy boundary which make you feel secure and valued in your own home.

It is your right to establish such boundaries.

It is good to stay awake and aware though.

Addictions are one of the main sources of break up.

If your partner has an alcohol problem for instance, it can totally destroy the harmony of your relationship.

In such situations, it is hard to change him by force. The desire has to come from within once he perceives the negative impact his behavior has on his life.

Same goes for porn addiction.

It can stand between the two of you and negatively impact on your sex life for instance.

The first priority is to protect yourself.

If you feel that your partner takes a direction you can't follow or agree with and that challenges your most profound values, it is okay to take some distance.

Again, if it comes to that point, living in separate places for a while might be a healthy options.

I often see women struggling with issues like this one.

They put lots of energy trying to help and change their partner and after years of effort and endless fights, they simply give up because they realize it is beyond their control.

What works best is to "wake up early"!

If you see this happening, try a few times to talk about this with him.

## How To Get Your Power Back When He Cheats On You

If he does not respond, disinvest emotionally and start feeding other aspects of your life which do fulfill your whole being.

This includes eventually starting to date other guys.

## First he cheats on me - Then he is mean to me!

Okay, these are two strong warning signs that something is truly wrong.

What is wrong? There is a very strong unbalance of power.

In such situations, you are on the edge of an emotionally abusive situation.

This is as well his ways of shouting to you that he wants space.

There are two ways you can stand in this:

- **The first one is to respond when you feel he is being abusive or mean in any way.** Say something like: "I don't want you to treat me like that. I won't take this neither from you nor any other man!"
- **The second strategy is to retreat and let go.** You simply give up trying to educate him and make it your top priority to get your full power back. You do this by focusing on yourself only and gaining back your freedom.

To tell you the truth, cheating + not showing remorse + being mean is not a good sign.

This is the behavior of someone who no longer cares and is stepping far beyond the accepted boundaries of a healthy relationship.

Look for support if you need to but takes steps to break the cycle.

It is essential that you recover your full power and dignity as soon as possible.

## **He has an affair - Do I need to compete to win him back?**

When your partner cheats on you, it creates an unbalance of power.

Why is that?

Because he invests energy outside of your relationship and betrays the vow of commitment you probably had.

You have two options:

- **The first one is to kick him out of your life.**

You might think something like: "Cheating on me is unacceptable. I can't be with a guy who is not faithful".

- **The second option is to be willing to invite him back.**

If you notice for instance that he feels remorse, regrets or still loves you very much and wants to be with you, you can give him another chance if you want to.

These are two "healthy" ways of standing in a break up.

The situation you are in is very different.

If he is open to cheating again and is honest about it, the balance of power in what you share radically shifts.

What he says now is: "I no longer want monogamy. I want to be free to sleep with whoever I want whenever I want."

This means that he is designing a brand new relationship ground with you.

He says: "It is okay for me to have multiple partners".

I feel that this is the situation you are in.

Can this work?

Sure it can.

## How To Get Your Power Back When He Cheats On You

I have many examples of couples for who this works.

They simply establish a new way of relating to each other and give each other space and freedom.

Deep inside, I have the feeling that you two have a different relationship model in mind.

Would you rather him being exclusive with you?

Are you hoping that by "competing" you will win him back and make him yours again?

Can this strategy work?

I don't think so.

He made a choice by deciding to sleep with someone else.

Right now, he is embracing his choice, not rejecting it in any way.

If you pursue him or go after him in any way, you'll start investing much more in this relationship than he does. This tends to create unbalance in you and makes you feel powerless.

After a while, you get the feeling that no matter how hard you try, you can't seem to win him back.

So, what is the solution?

Don't pursue him. You'll achieve exactly the opposite of what you want by doing so.

When he sleeps with another woman, he's saying he wants space and freedom. He does not want commitment.

If you stay committed to him, you give your life to someone who does not love you back to the same extent.

The solution?

Take a step back and consider yourself as free as he is.

This is like half a break up.

## How To Get Your Power Back When He Cheats On You

He is not saying he wants to cut all contact with you, but he is clearly saying that he won't invest in your relationship to the same extent as you do.

If you pursue him, there are good chances that he will reject you even more.

I believe that for your own well being, there is only one way to stand in this: focus back on yourself at 100% and connect with other men while staying in touch with him in a more casual way.

See this as a semi break up. Step into a kind of battle mood to win your life back first.

The other option is to shift your relationship "model" and be okay with the idea of polygamy, polyamory or multiple partners.

This is quite a shift but it is a valid option as well.

## **He had an affair - Now I feel like cheating on him too!**

Is your priority to protect and empower your relationship or is it to get your full power back as an individual?

How does your partner stand in this?

Does he regret or is he embracing his choice to sleep with someone else?

When your partner cheats, your relationship is under attack.

Now, if you two are still willing to make this work and he shows sincere remorse, there is of course a chance for you two getting back together.

If you cheat on him now, this is an extra attack or challenge for your relationship.

One of you cheating is already difficult to deal with.

Now, if you cheat as well, it makes things even more complicate.

You basically have almost twice as much to deal with when you try to get back together.

On the other hand, cheating on him can bring back the power balance between the two of you.

It won't empower your relationship but will send a clear statement out:

"If it's okay for you to do it, it is okay for me as well. You cheat on me. I cheat on you. If you cheat, I won't stay focused on you. I have my own life and I know how to think of myself first"

Cheating is more than a one time action. There are many more feelings involved like guilt, feeling of betrayal and powerlessness.

Again, cheating is an attack on your life.

If you cheat on him, you fight back.

## How To Get Your Power Back When He Cheats On You

This might lead to an escalation and the final annihilation of your relationship.

On the other hand, cheating on him might give you back your dignity and power as an individual.

I would suggest you take a small step: for instance if you feel like cheating, give a call to a guy you have in mind.

Stay sober! Don't drink! And don't use drugs!

Eventually, meet him and stay open minded.

Don't force it though.

If it feels right and good for you, you can take it one step further.

It might give you the comfort and validation you are looking for and help you get your female power back.

If you can, don't go all the way to intercourse.

Wait another few days and if it feels right, take it one more step after that.

Now, make sure that you don't turn this into a big life mistake!

Don't get pregnant and make sure that if it comes to it, you practice safe sex.

Keep in mind that bringing your couple together back after infidelity is quite a challenge.

If you would rather find another way of digesting him cheating on you, contact me.

I can give you a safe environment to share what you feel and design together effective strategies to deal with this challenge.

## **My husband is attracted to someone else**

External connections are okay.

If you are a woman and your husband connects with someone else.

If you both keep the dialogue open, it can actually be healthy for your relationship.

It can okay if you are both acting in a mature way and understand the dynamics involved.

I suppose there is a clear limit in this: intimacy.

Cheating is a very specific action.

What happens now is not cheating, right?

I do believe that external friendships and even light flirts are okay as long as you don't cross a certain limit.

This works both ways, by the way.

If a man is happy with calling and meeting a girl, he must be okay as well with her connecting with a close male friend and light flirting or calling this friend when she feels like (no intimacy involved).

You both need to be very wise to make this work.

I do believe that it is actually healthy and can increase your complicity but you need to keep dialogue and communication open and share feelings and ideas on what happens.

You need to be as well very clear about what is okay and what is not.

You walk here on a very "sensitive ground".

If you feel any time that it gets "out of hands" sign in for a couple of sessions and I'll show you exactly what to do to stay on track.

## **Do ALL guys cheat - eventually?**

No, not all men do.

I want to give you a hint: as long as the relationship stays fresh and exciting, there is no need to go and look somewhere else.

The moment a guy feels limited and constricted within a relationship, he'll tend to go and look somewhere else for "fresh inspiration".

## **If he cheated before**

This is one of the situations where jealousy is justified.

If he cheated before and you can't trust him anymore, find out where he stands with that.

You respond with jealousy which is simply lack of trust.

You realize you can't invest yourself in the relationship the way you would like to.

Obviously, cheating kills mutual trust.

It is different if he comes back and realizes he made a huge mistake, asks for forgiveness, etc.

If your partner cheated but honestly asks for forgiveness, there are some good chances you could get back together.

This "adventure" can even empower the relationship and establish a new level of mutual trust and complicity.

However, if you realize that he is not 100% committed to you and that it could happen again, you are trying to protect a very unstable territory.

It takes two strong pillars to preserve the relationship's space.

You can't do that alone.

He is not 100% committed? Fine, you can't force him.

The solution? Step back as well.

Flirt with other guys.

If he reacts, ask him if he is 100% committed to you and if he could be running away with another girl any time soon.

Can you see the dynamics?

Don't give your life to someone who does not give it back to you.

## How To Get Your Power Back When He Cheats On You

If he is uncommitted and you are committed, it drains you.

It creates an emotional tension in your system, a need or desire that you can't fulfill. You wait for him to take steps.

The solution?

Step back as well and recover part of what you invested in him.

Take your freedom back.

You need extra power and determination to do this, but it will definitely stop you from being jealous.

This jealousy is related with the fact you have too high expectations.

He wants to keep his freedom? Fine... Do the same.

## He says he might be gay

Hi,

The first step is truly open dialogue.

Now that he opened up, the most important is to develop complicity along that line.

You are here to help and support each other and create synergy (bring your power together to take this to the next step).

Here are some strategies to deal with this challenge:

- **Open communication**

The best way to create dialogue is to create a "forum space" for the two of you.

- **How deep are his feelings?**

Find out how deep this is: fantasies are alright as long as you don't act on it.

This is true for any type of fantasies. In such case, simply sharing might already clear up what is happening.

On the other hand, if he truly can't stand your touch or intimacy with you and all he wants is be with another man, this is a totally different story of course.

Find out together what is truly going on and see how it evolves over a period of a month.

Understand better through dialogue and openness what is truly happening in him.

- **Protect yourself**

It is happening to him, not to you.

Don't take responsibility for his actions feelings or behaviors, no matter what.

You have your own life, individuality and your own foundation.

Make sure you don't let this impact on your work, career, relationship with children, social life, etc.

Regenerate! stay healthy, etc.

Keep the challenge to its real size and location: it is something happening to him and has to do with emotions and feelings in him you can't control.

So, invest exactly in proportion with how much influence you have.

At the end, it is truly up to him to decide, act on it or do something about it if he wants to.

- **Get support**

Check further for ideas on this specific challenge.

Check online gay forums to see what others say about these issues.

You can as well check with a sex therapist to get extra opinions.

It is important you get extra support, ideas, feed back, experiences and knowledge on this topic.

This will definitely empower the two of you in dealing with such situation.

# My partner is cheating – what should I do?

Find out about your true boundaries.

- **What is the real limit inside yourself?**
- **Is it okay?**
- **Is it not okay?**
- **Is it okay if...?**

Ask yourself as well:

- **What are your needs?**
- **What are your desires?**
- **Is this escapade a betrayal on what you agreed?**
- **Do you suffer or are you cool?**
- **Does he practice safe sex?**
- **Are you suffering because it happened in your common home?**
- **Are you suffering because you lack his attention?**

Take one step at a time to protect yourself and gain back control over your personal territory.

- If you gave too much take back part of what you gave and see how it feels.
- If he has the keys of your house for instance ask him to give them back.
- If you live together, do not tolerate him bringing her home.
- etc.

Before breaking up totally, there are many small steps you can take.

## How To Get Your Power Back When He Cheats On You

Take one step at a time.

Build up new boundaries.

If it's not enough to give you back peace of mind, a bigger step might be needed:

Recovering your full freedom and independence.

"Bye, bye amigo!"

# Getting your power back after betrayal

A betrayal is a wake up call.

It is a crisis situation for you and your couple and it requires emergency measures.

You don't have to take a decision and act on it straight away.

The best is to gather support and reconnect with inner sources of strength.

If you need to share, opt for professional help or trusted friends or family only.

Don't let this impact on other areas of your life.

Maintain a healthy life style.

Get at least 8 hours sleep a night, go to work or follow up on your career or business plans.

Don't stay at home worrying about what happened.

Keep this personal issue and professional life separate.

Don't talk about this at work or with colleagues.

Again, if you feel the urge to share, do this within a safe context.

The next step is to give yourself all the space you want and need.

Give each other a few weeks to digest what happened and take a decision after that.

Remember, you don't have to take a decision now.

The first step is to do whatever it takes to get your full power back and make sure that this does not impact on other areas of your life.

Stay active socially, meet people, mingle and exercise.

## How To Get Your Power Back When He Cheats On You

Go in nature!

Give yourself some good treats.

After a few weeks, assess truly what to do next.

## **He cheated - Says it won't happen again - Can I trust him?**

The best way to find out is to take small steps.

The first challenge however is always to get your power back first.

When he cheats on you, you feel vulnerable.

You want to get your power and dignity back before you invest in your relationship again.

How do you do this? By shifting the way you stand in your relationship.

You take some freedom back, invest into new friendships, focus more on yourself or give a boost to your career.

An infidelity is a warning it sign.

It tells you to wake up and shift from romantic to battle mood.

Your life and your relationship are under attack and the first thing you want to do is protect yourself.

Once you gain back your power and feel that your partner is genuine, you can take [u]small[/u] steps to reconnect with him.

Now, don't jump back into this relationship blindly.

Stay awake and alert!

How can you test if he is sincere or not?

His actions need to reflect his words.

A guy can promise a lot and when it comes to acting according to what he says, he can step back and behave totally differently.

If he says he will be faithful forever, give him space to express it without expecting too much.

Now, it's him who has to gain you back.

## How To Get Your Power Back When He Cheats On You

He has to do most of the work and prove by his actions that he means it.

It can take up to a couple of years to rebuild trust in a relationship.

If you two are mature, you can reconnect much faster.

However, don't be blind and don't expect the world.

Take cautious steps and don't give yourself away just because of a vague promise on his side.

Let him take the steps first and prove you that he truly means it.

## **Should you give him another chance if he cheated before?**

Imagine that you are in a relationship.

Your partner cheats one time or many times.

You decide to break up.

He comes back to you and begs to give him another chance.

Should you go with it?

When he cheats, you are back to the starting point: non-committed, non-exclusive.

If you are already married with children and house it's obviously different than if you are simply in a committed relationship.

The first step is to test.

Find out if he truly means what he says.

If he had the opportunity to reconnect with an ex or have a one night stand with a casual date, would he truly "reject" it.

Dare to face the fact and look at this straight in the eyes.

Cheating and infidelity is a wake up call.

It tells you that something is missing or incomplete.

Jumping back in the relationship without learning from it could be a mistake, because you will usually end up reproducing the same behavior patterns.

The goal is first to find out what happened and why it happened.

Get real answers and dare to face the facts, no matter what they are.

Denial does not work.

Playing blind is not an option either.

You want to unveil the real underlying dynamics of your relationship and if you want to give it another chance, shift key dynamics, attitudes and the way you relate to each other.

This is essential.

Having your partner begging you on your front door is usually not enough.

It does not shift anything.

It sends a healthy message of regret but does not prevent this type of situation from happening again in the future.

There are four roads you can take:

- **Total and absolute break up** - 0% contact
- **Semi break up.** You keep interacting and sometimes even have sex but the committed relationship is over.
- **You accept the idea of sexual openness and go for an open relationship.** This works both ways.
- **You fix whatever is missing in your marriage or relationship.** You dare to ask each other key questions and use this experience as a way of empowering the complicity between the two of you.

If you take him back, it usually means that you go for the last option.

It takes real work, understanding and behavior changes to go for this option successfully.

Doing what it takes means investing at least 3 months of your time to fix key relationship issues.

You get professional help (coach, therapist or counselor).

You actually dig in your relationship's foundation and reshape the way you both stand in this.

## How To Get Your Power Back When He Cheats On You

If you make it your top priority for 1 to 3 months, I believe you can achieve incredible shifts you will remember for the rest of your life.

This could become one of the best things which ever happened to you both.

## **I feel I need to forgive him to protect our children**

What you say is very important.

There is more than just the two of you involved and considering the well being of your children is essential.

Here is a way to look at it:

When he cheats, he betrays the spirit of your family or your relationship.

He decides to step out and do his own thing, right?

Is this a one time thing?

Is he showing remorse?

Is he asking for forgiveness sincerely?

If the answer is "Yes", than obviously, you two have a chance to reconnect and empower your connection.

On the other hand, if he is ready to do this again any time, you can enter into a couple pattern which is very draining for you.

You can't carry the spirit of the couple alone.

If he gives up by cheating repeatedly (and hurting you that way), it is okay to give up your relationship and find other ways to protect your children.

I think that if you suffer and feel used, this would negatively impact on you and your children to a greater extent.

You don't have to take it!

You don't have to sacrifice yourself!

Both you, and your children can be happy in the future and you deserve a part of it.

## How To Get Your Power Back When He Cheats On You

If there is permanent tension, disharmony and lies in your couple, you are better off stepping back and giving your couple a break.

An alternative is to opt for an open relationship where you are both free.

This arrangement definitely requires a very high sense of understanding and maturity. Only very few couples would be fit for it.

## **He is seeing someone else – I asked him to leave**

When you say that he is seeing someone else, I will fill in the gaps and assume that he is actually being intimate with her, right?

In other terms, he is cheating on you.

Your natural reaction to this was to ask him to leave which he did.

Asking him to leave is natural and instinctual.

You did this to protect yourself and protect your space.

It is healthy and I endorse you at 100% with that.

Now, the question is: what to do next?

Right now, he is in a place where he wants you both.

You say that he would be happy to come home and keep on seeing this other woman as well.

What he talks about is called polyamory or polygamy.

Can it work?

Sure it can.

However, I would say that maybe only 5% of couples are fit for it.

It requires a very high level of love, understanding and emotional maturity on both sides.

There is another word for it: it is called open relationship.

This is the model he talks about. I can imagine that he sincerely is in love with two women right now.

Is this possible? Sure it is.

Would this work for him? I am sure it would!

## How To Get Your Power Back When He Cheats On You

Now, that's his plan.

What about yours?

Your plan is clear: right now, you don't see polygamy as an option.

You say: "It hurts too much to share his affection with someone else"

You are very clear about this.

I bet that if you were the one having an extra marital affair, he would not tolerate it, right?

The question is: what to do now?

You say that you don't want to give him an ultimatum?

You don't have to.

Right now, he takes part of his freedom or relationship commitment back.

It is confusing for him because part of him does not want to let go of your attention, warmth and partnership.

What to do next?

If you want to get your power back, stick to what you started: think of yourself first.

You and your well being are top priority.

Focus on staying healthy and maintaining a clear professional line at work.

Start rearranging your personal environment according to what you want.

This is your personal space.

Claim it back and remove some traces of his presence around you.

By doing so, you get back a stronger sense of ownership over your life.

## How To Get Your Power Back When He Cheats On You

Right now, any thought, emotion or feeling directed to him drains you.

It drains your power and energy because what you give him, he gives it straight away to someone else.

Behind the scene, a battle for attention and energy is going on.

I know these are direct and tough words, but this is exactly what it is.

You have your plan.

He has his own plan.

These two plans conflict and do not match.

Stick firmly to what you want and consider yourself free right now.

You now have the power to 100% decide for yourself.

Getting your power back requires firmness and consistency.

You and your life are worth it!

Here is another essential point:

Don't take the blame!

He says: "I did it because of you, because you did not give me affection"

Wrong answer and wrong reason.

He did it because of him and because he wanted it.

You are always responsible for your own actions.

If there is a disagreement in a relationship, you work it out through dialogue, you don't just go around betraying your partner.

He is responsible for his own actions, always!

This is essential.

## How To Get Your Power Back When He Cheats On You

Sure, when your relationship does not work out the way you expected, you both share responsibility.

Now, what he does with it is his choice, not yours.

Let's go back to getting your power back.

Another aspect of it is to start interacting with other men as soon as possible.

Why is this essential?

Because as a woman you want validation and love from men.

If your only source of love comes from your ex, this is where your heart and energy stay focused.

If you want to get your power back, you need to own your love life.

You are the center of it.

Interact with men in a light way.

Dare to take some steps, go for a couple of light dates.

I want to come back to the idea of an open relationship and give you a few clues.

This is always a possible option.

If you feel that this is a direction you seriously would like to explore with your partner, get back to me and I will tell you more about what it takes to make an open relationship work.

As I said, I believe that only 5% of couples are fit for it.

It does require your full attention and some profound shifts over a period of one to three months.

Right now, you know straight away if it is something for you or not.

If you feel that this is an option you would seriously explore, simple send me an email and I'll get back to you.

## How To Get Your Power Back When He Cheats On You

Otherwise, stick to getting your full power back. Dare to be selfish and think of yourself first for a few months. You want this to rebuild your power core.

That's it for now.

Take care and stay in touch

# **Part 3 – Key strategies to find out if your partner is lying**

## What to do when you feel that your partner is cheating

What signs do you look for when you feel that your partner is cheating?

If you feel him distant, there are some chances that there is something else going on.

This something else can be anything:

- Busy with work
- A bit stressed up
- Simply not in the mood for communicating
- Socially active with other people
- Etc.

Amongst these reasons, yes, there is the possibility that he met someone else.

If you want to be sure, here is what you can do:

- **Ask him, confront him with that.**
- **Listen to your guts.**
- **Check your suspicion.** Follow him, spy on him, etc. Very often, suspicions are unfounded. It's a good idea to get your doubts cleared.
- **Check the facts.** How to you come to that conclusion? Are there any real facts or is this just an illusion?
- **Check with friends you can trust.** Ask them for their opinion.
- **Look at him in the eyes.** If he is cheating, he'll probably feel guilty about it and avoid looking at you.

- **Check for unusual behavior, suspect phone calls, sudden plan changes, etc.**

No matter what you find out, double and triple check.

Don't start building up stories.

Try to stick to what you know and are sure about.

Consider him faithful unless you have a real proof that he is not

## Should you spy on him?

Suppose you have doubts.

You have the feeling he is not telling you the truth.

Should you take action and dare for instance to check his emails or follow him after work?

Is it okay to spy on your partner?

The answer is yes.

But you need to be very careful with what you do and why you do it.

95% of obsessive jealousy situations are unfounded.

In fact, jealousy is often delusional.

You imagine things that don't exist.

You interpret signs in an extreme way.

Basically, you distort reality.

Now, earlier I mentioned a few elements of what constitutes real cheating.

If you have doubts, it is effectively useful to check the facts and find out for yourself what the truth is.

Now, there are some very specific boundaries or limits you must respect.

Talk to him first!

Before you spy on your partner or do anything which invades his privacy, you must talk to him and ask him straight questions.

If you know that he is lying or get a feeling that something is wrong, I encourage you to take steps and check the facts.

Now, be very careful with how you interpret facts.

## How To Get Your Power Back When He Cheats On You

Finding a woman's phone number in his time planner is not a proof of cheating; it is simply a proof that he is in contact with another woman.

Now, this is not cheating.

It is not a crime.

Spying or other similar steps must be taken only as a last resort.

Spying is something which can happen once exceptionally.

If your intention is to set up hidden cameras in your partner's car for instance (just to be sure), this obviously crosses the line ☺.

This is not a game. It is a last resort battle strategy aimed at defending your life and relationship.

It is better to verify doubts or feelings with real facts rather than letting them build up in your mind.

Get the answer and learn from it!

## High tech spying techniques – Should you use them?

Let's stay 100% open minded for a second.

I want to give you quick review of what is available.

This is simply to be informative. When I did some research on this topic I was blown away by what I found.

Here is a short description of what is available:

- **Semen test.** Allows you to easily detect traces of dried semen in your partner's underwear.
- **Computer activity.** Allows you to know exactly what your partner did online and what emails he sent.
- **Cell Phone calls.** Receive a log of all the calls your partner made or received from their cell phone.

There are as well many books available on spying techniques. All the info you need is mentioned on the site mentioned above.

I would certainly not use these techniques myself but if you are in a situation where you feel that getting true answers would give you peace of mind and a chance to win this challenge, I would give you the green light to give it a try.

Remember, if you decide to go for these techniques, use them as a last resort.

Check all your other possible options before you use them.

Again, cheating is a massive relationship challenge.

It is a battle situation.

Having extra tools to deal with this challenge might give you the extra power boost you might be looking for and maybe protect your relationship or your life on the long term.

## **Your husband did lie about an ex girl friend**

I'll be direct, okay?

Your relationship is under attack.

It's coming from a very specific threat.

This is a situation where jealousy is 100% justified.

It is okay to do whatever it takes to preserve your relationship.

Use whatever power is given to you to fight back.

In my opinion, it is okay to send a mail to that girl.

A word from you and she would pull back I am sure.

She seems to care about you and children (at least a bit).

Send her a mail and tell her to step back.

Don't beg.

Don't apologize.

Be direct and firm.

It is your relationship.

You are given the right to protect it.

Now is the time to use your power.

Dare to express it.

Use your fighting power and clear the space.

Having contact with an ex partner is okay.

Lying to you is not.

## How To Get Your Power Back When He Cheats On You

She is temptation.

Fight the battle and kick her out.

Other women must know that you are there and will defend your territory.

Dare! You'll feel relieved and immensely empowered when you do. Stand behind your action and if your partner questions your move, tell him exactly why you did it.

## **Afraid that your partner is cheating on you?**

The best thing to do is to ask. Have a chat with your bf.

Simply tell him the way you feel without attacking or challenging him.

Say something like: "Look, I don't know why but I am feeling very insecure lately... I think it's since she stayed with you and your father. I know it is stupid because I trust you at 100% but I feel like I can't get this idea out of my mind. You would tell me if something would happen, right?..."

Look at him straight in the eyes when you say that.

If he avoids eye contact or hesitates before answering, it could be the sign that something did happen.

If he hesitates and gives you an evasive answer, ask for confirmation: "are you sure about that?"

Mutual trust is something you build consciously. This is an occasion to strengthen your complicity.

## **I love him but still worry about him cheating**

Sure you can ,love him and still be afraid of him cheating, specially if you had bad experiences in the past.

Trust takes a while to be built between two persons.

It does not happen overnight.

It is a progressive investment of your being with someone and usually it is better to take small steps, rather than giving everything at once.

When you see yourself doubting, if it is simply an irrational fear.

Tell yourself things like: "Hey, there is no reason to think that way, so stop worrying..."

Trusting someone is a skill you can learn and let grow.

You can strengthen it and empower it in you.

## **Part 4 –What is okay and what is not?**

## **Is it okay for him to have a female friend?**

The answer is yes!

The number one reason for break ups is too much control within the relationship.

If your relationship becomes too constricting or limiting, sooner or later you either explode or become very unhappy and drained.

A relationship is a place where you encourage mutual freedom.

The real base of your relationship is not mutual control; it is mutual trust and love.

When you commit yourself to your partner, you usually decide to be sexually exclusive.

This is the real boundary.

Now, boundaries are designed consciously.

You talk about it and find out a good balance which works for both of you.

For instance, some couples consciously decide to have an open relationship because they feel they need a greater level of freedom within what they share.

What is important is to design these boundaries together.

Dialogue! Diplomacy!

These are the best ways to design healthy relationship boundaries.

When you are obsessively jealous, your relationship boundaries become immensely constricting.

I encourage you to relax about his female friends and realize this simple fact:

It is still with you he decides to be.

It is with you he shares his life.

It is with you he is intimate.

So, it's simple!

Drop it and trust him!

This is a gift of freedom you give to each other.

Dare to empower him with your trust.

Trying to control his social life is a no-win situation.

It is a dead end which leads to increased fights and break up.

Increase the level of freedom within your relationship to make sure that your partnership breathes and does not get asphyxiated.

Allow other women to validate him.

What this tells to your relationship is that he is a great man.

It tells that he has the choice but it is with you he decides to be.

This is the best way to perceive his interactions with other women.

## **Redefine cheating**

Chatting with one of his female friends is not cheating.

A light flirt is not cheating.

Cheating is not a fantasy, it is an action.

You can't control someone else's thoughts.

The real limit has to do with exclusivity in sex and other intimacy aspects.

Is he crossing the line or not?

Cheating is a very specific action.

It involves intimacy.

Now, if you react because your husband did cheat on you, it is probably justified, right?

What are the facts?

Who does he share his life with?

Is it with you or with a woman he saw once at a party?

You did catch a glimpse of excitement in his eyes?

There is nothing wrong with that!

Your partner can receive validation from other women without this being a real threat on your relationship.

In fact it is empowering for your couple.

Put it this way: Even though he has the choice, it is still with you he decides to be.

You win! He wins!

## **Jealous of the girls he works with**

Is your partner a flirt?

Is he surrounded by a couple of attractive personal assistants?

The question is: What can you do about it?

Maybe you too take lessons with an attractive personal trainer.

Maybe you have a secret crush on one of your colleagues.

These situations happen in life.

Can you stop them from happening? No. It is simple.

You need to keep on living.

Light flirts are okay as long as you don't act on them.

It is okay for your partner to have contact with other women, even if they are beautiful and very attractive.

The truth is that he is with you. It is with you he decides to be. Spending time with others is healthy. It is part of life to work with others. This won't change.

What you can change is the way you stand in it. Communicate openly with your partner. There is no taboo! The moment you can share and tease each other with it, you bring this whole issue to something very light and even fun.

Infidelity is an act. It is not a thought. It is not a fantasy.

It is okay to dream, to look, to enjoy someone's company. This is not a crime. It is not infidelity. It is natural and healthy to get validation from other people. It is okay to lightly flirt with someone.

If your relationship's boundaries are too tight, you limit yourself and constrict the relationship.

You simply asphyxiate it!

## How To Get Your Power Back When He Cheats On You

The solution is to establish a higher level of trust. Talk about it with your partner. Be light and open about it.

Accept these situations as part of life.

Remember: It is still with you he decides to be.

If you are in a committed relationship, there is a moral agreement between the two of you. Looking at another girl does not break this moral agreement.

Give each other some space. It is healthy and truly beneficial for the relationship.

Give him the gift of your trust.

If you see him chatting with another girl, you can as well express a positive form of jealousy. It is okay to claim your partner and show the world you two are together.

Do this if he is comfortable with it: go and kiss him in front of other girls and send a clear message that he is not available.

This is a healthy type of action and is a "couple statement". It is an affirmation of your mutual love.

Can you see how it works?

The key is always trust and complicity. You know he is with you, even when he chats with another girl.

## Partner looking at porn

You ask: "Do I even have a right to say something about it?"

I'll be direct, okay?

Sex is like any other instinctual need. It's like the need to eat, the need to drink, the need to breathe or survive.

There are however thousands of ways to express those needs. Having a drink with some mates is very different from getting drunk every night.

If you try to spend your life with an alcohol addict, it will shape your relationship and impact on your being in very specific ways. It will establish a set of priorities for your partner and in a way kick out the possibility to build a truly stable relationship.

Same goes for porn. You obviously do not get your needs met. You miss good sex with him.

It takes two to tango. In a way, his addiction could be towards anything. What matters is that you do get your needs met. It's not happening.

Some women face the same challenge with partners who are workaholics. They feel neglected. That's what happens to you right now.

Yes! It is your right to say something about it. I 100% encourage you to do so. Not by challenging him or telling him to stop. He will feel attacked and pull back.

Instead tell him exactly the way this makes you feel. Say something like: "this makes me feel neglected and worthless. I need to know the guy I am with loves and cares for me. I am not getting good vibes right now. There is a gap in me"

If he does not respond or take steps, that's not a good sign. Let him free to decide how he wants to handle that. Give him space. He won't take action if you force him.

Give him a week or two and if he shifts nothing in his behavior

## How To Get Your Power Back When He Cheats On You

towards you, consider yourself free to go and find what you need somewhere else. In other words: take your freedom back.

Think for yourself: "I am worth it! I will do what it takes to get what I need. If I can't build that with you, I'll build it with someone else"

Does this make sense?

Good luck and keep sharing.

## His female friends

Is it okay for your partner to have female friends? Sure it is.

It validates him and refreshes your relationship.

You have two options:

- Be controlling demanding, freaking out

Or

- Letting it go and even enjoying it.

The real alternative is for you to have male friends as well.

Again, open communication is what works best.

Talk about it with your partner and find out about your real boundaries.

The rules are the same for both.

If he can't take it, then obviously there is no reason for you to take it either.

Limiting each other's space kills the relationship.

Staying in touch with good friends and having time off out of the relationship is healthy.

It is of course a slight challenge and a stretch of your comfort zone but it is worth it.

On the long term everyone benefits from it.

Remember, it is still with you he decides to be.

You stay number one.

## **He keeps pictures of his exes**

His past relationships are part of his life. It is his past.

Having some memories of this past is okay as long as this does not keep you from evolving together.

If you don't want to see these pictures, ask him to keep them with his own stuff. Fair enough.

I mean, would he be pleased if you were hanging a picture of your ex on the living room's wall?

In a way, it is healthy for him to do what he wants with his personal stuff. This is a place where he has the right to express his control.

Let it go and don't be bothered. That's of course unless all this is in your face. Then it's okay to tell him.

Put it this way: even though he keeps some pictures of his exes, it is with you he is today.

This is what you should always remember.

## **If he talks about other girls**

Educate your partner!

Talking about other girls when he is in a relationship or on a date is a lack of dating skills.

It is a lack of tact.

You don't need to hear that. The fantasies which go on in his mind are okay as long as he doesn't picture them for you.

Tell him! Design a new boundary in your relationship.

Tell him until he gets it and shifts his attitude.

Going on a date with you is about you, the two of you, not him and someone else.

It is your right to establish a new boundary.

Tell him: "I would rather talk about something else. Is it okay with you?"

If you enjoy his love stories, it is different of course.

However, if this makes you feel insecure, tell him you don't want to hear that.

Simple, direct!

When you are on a date, it is nice to feel valued. It is about what you two have in common.

Educate him on that.

It's okay.

Repeat the message until he gets it.

# **Part 5 - Top 10 strategies to protect your relationship**

## Master your jealousy weapon

There are two types of jealousy reactions:

- **The healthy one.** The one you do master and express consciously when needed.
- **The obsessive one.** The one which consumes you and drains your life and relationship.

In the next few pages we will analyze the best strategies to express your jealousy in a healthy way.

Jealousy is a weapon aimed at protecting your relationship and couple space.

The goal is not to give it away. It is to use it wisely.

See jealousy as a sword you have in your hands.

A sword can sometimes turn against what you are precisely trying to protect.

What you want is to master the skills to use it effectively.

Okay, what I am about to say will probably shift everything you heard before about jealousy:

Some jealousy is good!!!

It is originally a positive constructive force in your life!

You might believe that because you are jealous, there is something wrong with you.

There isn't!

Some jealousy is perfectly fine and healthy.

Jealousy comes from a positive desire to protect your relationship.

The term jealousy comes from the Latin word "zelosus" which means "full of zeal".

## How To Get Your Power Back When He Cheats On You

In other words, by etymology, jealousy and zealous are one same concept.

If you take this idea one step further, jealousy is basically a deep desire to do it well, to do it right!

Other synonyms for zealous are: enthusiastic, passionate and fervent.

Zealous involves as well the idea of being fanatical, obsessive and extreme.

This is precisely the place where jealousy can go one step too far and consume you.

If jealousy is simply a desire to get it right, why does it hurt you?

Why can jealousy burn you from the inside and create this inner turmoil?

It hurts you precisely because of this obsessive or extreme aspect associated with it.

It hurts you as well when it does not manage to find its way.

Jealousy is a psychic weapon.

You use it in the battle for power. It is a tool you want to master. It can burn because it is extremely powerful.

It can burn you because it can trigger an inner conflict.

Something in you believes that jealousy is wrong.

Something in you wants to suppress it or delete it, while another aspect of your instincts simply wakes it up as a defense mechanism.

Imagine yourself trying to tame a wild mare.

This is exactly what happens when jealousy wakes up in you. It is an emotional instinctual response which burns you because it wants to break free and find its natural expression.

Here are some key aspects to remember about your "jealousy weapon":

- **There is nothing wrong with you!** Jealousy is okay! It is your right to use it to defend your relationship.
- **Be the warrior.** Instead of trying to suppress this natural emotional need, empower your fighting skills.
- **Protect your territory.** Your territory is first your mind. This is where confidence is built. Don't let anyone put you down. Defend yourself fearlessly. Build empowering beliefs and give power to your emotional foundation.
- **Express! Don't suppress.** If you feel jealous about something or someone, dare to express it. Don't suppress. Look at these emotions straight in the eye. Jealousy is your fighting fire. This is what is behind it. It wakes up because there is competition. The dating scene is full of it. If you suppress it, you lose your power. Don't suppress. Dare to express. It is a direct reflection of your inner power.
- **Jealousy is a weapon.** It was given to you. With any weapon, you need the right skills to be able to use it wisely. It is given to you. In fact, it is a gift. It is a gift of fire. Master this weapon. It is like a sword.
- **Your taming power.** Your "taming power" is not control. It is what you use to master your jealousy. The fire of jealousy won't go away. It finds its way and "stabilizes" itself once you acknowledge its existence. You simply give it space and purpose.
- **Insecurity! The real challenge!** If you want to get rid of insecurity, you need to gain power. This is the real challenge. Jealousy is simply your best shot at defending your mind and relationship territory.

Your ultimate goal is to protect and preserve your relationship.

This is what you want, right?

You don't want to hurt your partner or anyone else.

This is not your goal.

However, your relationship can be under attack.

Jealousy is simply a defense mechanism.

## How To Get Your Power Back When He Cheats On You

Once you shift your mind set, you'll notice that what used to burn you does not burn you anymore.

## Wake up your passion, fun, pleasure, delight and desire

Once your relationship is secured what intensifies what you have with your partner, is the pleasure, fun and passion you can share.

We enter here into a new field which is much more intimate. I hope it is alright with you... :-)

Love and sexual attraction are present in you, right?

Don't withdraw them. Express them fully.

Dare to be sexy and seductive with your partner.

There is a place in the relationship where you can be like children and satisfying your deep desires is part of that.

Dare to be sexy!

Dare to express your life force in its full dimension.

Talk to his senses and simply unleash the flow of your passion, desires and sensuality.

No need to be overwhelming though. Simply don't hold it back. Unleash it.

There is a garden of pleasure in what you share. No computer, no work, no problems, no issues in there.

It is based on beauty and love.

This is the territory of deep refinement and tastes.

This is the area of your sensuality.

Talk to his senses. Use fire, scents, freshness.

Go deeper in these topics...

## How To Get Your Power Back When He Cheats On You

- **Tell me more about pleasure and delight...** What do these words mean for you? (feel free to use a more "poetic" language for that if you want to... wake up your senses)
- **Are these qualities present in your life and present in what you share with your partner?** Tell me more about moments of pleasure you share with him and how it wakes up your senses
- **What does the word sexy mean for you?**
- **Do you consider yourself sexy?** Do you want more of this quality in your life? What would you do to invite more of this in your being?
- **Tell me more about beauty and refinement...** Where do you recognize these qualities in your life and in what you share with your partner?

The idea is very much to stretch the territory of your relationship and expand it in all directions.

You can infinitely expand the romantic and sensual side of your couple while growing as well in power and trust.

## **Invite freedom and renewal in your relationship**

What does it truly take to make it work?

There are two simple qualities you need to manifest if you want stay together on the long term:

- **The first one is freedom and space.**
- **The second one is renewal and change.**

The key reason for couples breaking up is simply feeling limited in their relationship.

When you fight, argue or are unhappy in your relationship, the key issue is power and control.

You want it your way.

He wants it his way.

The two visions clash.

If you clash one time, you fight.

If you clash all the time, you end up with a break up or divorce.

If you realize this early, you can shift this basic dynamic and establish a whole new mind set:

Give each other space, always!

Control is a relationship killer.

I don't know who decided one day that control in relationships is okay. It is never okay.

So, this is the first winning mind set: space and freedom.

The second mind set is change and renewal.

Why is it so important?

## How To Get Your Power Back When He Cheats On You

Because your being and spirit need to keep on evolving, always.

If you feel crystallized in a situation which stops moving forward, evolution forces will always find a way of "reaching you".

This means that your couple will be challenged until "fresh energies manage to get in".

If you embrace change, you keep on evolving and challenging established patterns.

There is a basic conflict of interests involved in this:

A part of your being is calling for emotional and material security, while another aspect of your being calls for thrill, excitement and passion.

These two visions or two plans can clash.

If you want to bring in renewal, passion, fun and excitement in your couple, you need to focus a bit less on security and practicalities and take more risks, challenge yourself and each other and basically step beyond the limits of what you already know.

The moment you embrace the new, you invite fresh energies in your couple.

This is what couples need the most: freshness and renewal.

This e-book shows you exactly how to invite renewal in the core of your love life; it shows you what steps you can take to make sure that freshness and excitement keep flowing in the core of your being.

## Get your needs met

You want to empower your partner and you want as well to be empowered by him.

The key to get your needs met is to educate him.

How do you educate him?

You first step is to clearly identify what you want and what you need to be happy.

After that, identify how your partner can help you with that.

The third step is to tell him.

You can say things like:

"Lately I have been feeling kind of unfulfilled about my profession. I need a shift with that. Here is what I am planning to do... I need your full support with that. Can I be sure you are standing with me on that?"

You show direction. You are firm with your choice and tell him exactly what he can do to help you reach your goals.

Don't ask him to take action for you. Don't delegate. Simply show him how he can stand in that to empower you.

Guys sometimes need to be educated.

Open communication can work wonders.

Sometimes a man will make mistakes in the way he relates to you.

He might miss the point and not understand your needs.

It is okay to educate him.

Don't limit him. Don't ask him to do things for you. Don't try to control his actions or try to boss him around.

Instead tell him exactly how he can stand in your life to empower you. You give him an idea of an ideal mind set.

## How To Get Your Power Back When He Cheats On You

Check the "[how to establish dialogue](#)" chapter for more on this topic.

Feeling supported by your partner is such an empowering experience.

You don't want to miss the opportunity of creating this type of complicity with him.

It is okay to educate him. Take the steps and tell him exactly how to please you.

## **Empower your partner**

The key to stay together happy and long term is to be an empowering force for your partner.

When you join forces in a relationship, the idea is to be each other's partner's for success.

Control is a relationship killer.

The opposite of control is trust and respect.

You want him to feel valued and empowered.

Can you see how it works?

Guys tend to run away from their partners when the relationship makes them unhappy and powerless.

Think of your partner's long term destiny line.

You are an agent in his path to success.

That's the way you can stand in front of him and send him this clear daily message.

You see the full potential he has in him and you stand there as a dynamic stimulating force in his life.

You don't have to do the work for him. You can however remove any sense of resistance, fears or doubts in your mind and make your partner's life satisfaction and success one of the key priorities of your relationship.

The moment you give him these qualities, he tends to give them back to you and reflect his sense of inner freedom in the way he looks at you.

## **Manifest trust in your relationship**

Trust is a quality which immensely empowers your relationship.

Especially with jealousy, insecurity or cheating issues, it is the number one solution.

Again, it is a quality you can consciously manifest and invite in your relationship.

When you say to your partner: "I trust you" you give them power.

In fact you manifest a new unifying force in your relationship.

Trust is one of the core values in relationships.

If you feel there is a gap on that level, find out why and bring this to a dialogue ground with your partner.

Be real!

Honesty!

Trust is a quality you consciously choose for in your relationship.

## **Establish complicity with your partner**

He is on your side, right?

Take the example of a social event.

A social event is an occasion to have fun.

So why could you feel insecure and get jealous?

You can get jealous because of power dynamics between you and your partner

People compete with each other in a subconscious way.

The result? You might feel challenged. So will your partner and so will your relationship.

If you are ready for battle and feel in power, external threats will simply bounce on the surface of your couple's mind.

If another woman challenges your relationship's space, will she weaken your link with your partner?

She won't if you two stay accomplices.

A simple wink, a look to your partner can mean a lot.

It can mean: "We both know what is happening and it is okay to play the game, this is not threatening what we share"

A girl flirts with your man? Play the game. It is okay if you know you are accomplices even in that.

How do you build up complicity?

You build up complicity by openly talking about this type of situations with your partner:

- "What do we do when this happens?"
- "How do we feel?"
- "What is our strategy?"

Open communication with your partner is the key.

You have a common goal: it is to empower your relationship and have fun at the same time.

Social events like a friend's party often have a "challenging dimension" in them. You'll feel fine if you have a battle strategy to handle these challenges.

Complicity shifts everything: it gives trust, power and confidence.

In fact you establish an effective "battle strategy" with him.

If there is a threat you know he is on your side and you are on his.

You join forces and this protects you and the couple even if he chats with another woman.

Creating complicity is a relationship skill.

It is one of the key strategies to transmute unwanted jealousy.

Complicity is this powerful pillar in your relationship.

It is the perfect alternative to unwanted jealousy.

You create harmony. You create trust. You generate power.

You empower the relationship by creating this strong bond.

It is an inner contract which says:

"We stand in this together and stay awake. We know what is going on and this does not alter the trust and confidence we have for each other".

## Practice relationship feed back

Relationship feed back is a powerful way to stay tuned on each other.

It is the perfect way to share ideas on what works and what doesn't on you relationship.

You can give feed back to your partner.

He can give you feed back.

You can as well give him feed back on your own attitudes and behaviors and tell him about what you believe works or does not work for you.

You can as well give impersonal feed back and say things like:

"I feel we have been doing really well lately. I am happy to see how we managed to deal with this challenge. It definitely works for me. What about you?"

You can as well ring alarm belles when you notice for instance that you are growing apart for some reason:

"I noticed that lately, something has been coming between us. Not sure exactly what it is. I guess we are both very busy and we didn't really have time for each other. Do you feel the same? What can we do about it?"

You can share feed back "formally" or "informally".

Formally means that you "set up a meeting and a specific time" to talk about your relationship.

In my opinion, this works really well if what you want to share are sensitive and require true attention.

For instance, this would work if you need to share anything about challenges on your sex life or something which is really starting to irritate you with your partner.

Check the chapter on how to create a "forum space" for more on that.

## How To Get Your Power Back When He Cheats On You

When you give feed informally, you simply go with the flow and use existing opportunities to share what is there.

Be very careful with this.

If you prefer giving feed back informally, be aware of timing. It is not a good idea to give him feed back when he is not expecting it or busy with something else.

Don't interrupt him.

Instead, find a moment which suitable for both of you: an evening when you both have time or a moment in the week end.

For instance, as you come out of the movies one evening, you can say: "I really liked what you did in there. What you said really touched me".

Be subtle with feed back.

Don't overdo it.

If you tell him something which is challenging, give him some space to digest and think about what he wants to do with it.

Wait at least a week before you ask him again or mention this topic again.

## **Talk about sex**

If you are not used to talking about sex, take small steps.

Ask him questions about what he likes.

Tell him about a fantasy you might have.

Tell him what you enjoy the most and what you might like to try one day.

Complicity on the sex level is essential.

You can get immensely closer when you know and respect each other's secrets.

Be subtle with it.

Being rude or lacking refinement about sex issues can be a massive turn off.

Shop for some lingerie together.

Give him feed back about what he does right with you.

Play role games.

For instance, one night decide that you will lead the whole evening.

Another time, decide to explore new positions or new places to have sex in your house.

Cook a refined meal and share it with intimacy.

Experiment with aphrodisiacs and see what works and what doesn't.

Dare to be sexy and express this in words and with your body language.

You don't need to talk dirty.

Tell him about aspects of his body or personality that turn you on.

Tell him about your senses and what wakes up your passion.

## How To Get Your Power Back When He Cheats On You

Ask him questions about that as well.

“When do you feel truly alive?”

“When is the moment you enjoy life the most?”

Dare to look into each other's fantasies.

Remove taboos and dare to talk about the very limits of what you could do or not do.

Talk about the possibility of an open relationship and what you would do if this was happening between the two of you.

Remember that fantasies are okay and healthy.

You don't cheat when you dream.

Most fantasies are okay as long as you don't put them into practice.

Talk openly about threesomes or other aspects of your sex life you might feel excited about.

Again, this does not mean that you will put it into practice; it simply means that you dare to open up to each other.

You become true accomplices in each other's dreams.

Should you force it? No need to.

Simply dare to stretch the limits of what you share without being afraid of what you might unveil.

It is okay and is a natural expansion of the awareness you have of each other.

Enjoy your sex life!

## **Have effective strategies to deal with challenges**

A relationship challenge is an opportunity to grow.

Every time you overcome a challenge, you grow stronger.

You face tests as an individual. The same goes for your relationship.

It can be under attack. It can be challenged any time.

You can't avoid challenges.

What matters is how you respond to them.

What you want is extra power and effective strategies.

Dare to pick up your "warrior sword " and defend the territory of your relationship.

Dare to fight with whatever force is attacking your relationship!

Identify it and defend your relationship!

Stand in this together like two partners of the same team who are aware of each other's movements.

The key is to keep the communication channels opened and agree on strategies and tactics to handle the challenge.

Stand together!

You want to keep on communicating with your partner.

No need to force. No need to demand.

Simply keep these channels opened.

A relationship is a territory.

This territory has two pillars: you and your partner.

The moment you face a challenge, you always have two options:

- **Stand in it together**
- **Turn against each other**

As you can imagine, turning against each other will usually lead to more trouble and conflict. It usually creates a win-loose situation, and the relationship could suffer from it.

If you want to win, you need to stand together.

You are partners!

Reaffirm this partnership when your relationship is under attack.

This is what partners do: when they face a challenge, they recognize the source of this challenge.

They stay awake and see this challenge as an attack on the relationship.

You are two warriors.

You want to defend your territory and do what it takes to empower the relationship.

# **Part 6 – Getting back together after infidelity?**

## **Getting back together after infidelity – Can it work?**

Getting back together after an infidelity?

Can it work?

How?

I saw it working out successfully for many people.

An infidelity can be a one time escapade and an occasion to realize how much you actually care for your true partner.

When you get back together, something must change.

If it doesn't, another infidelity might happen again.

What do you change?

Your boundaries!

If you are a woman and your partner cheated on you, you need to fundamentally shift the way you invest yourself in the relationship.

How? Drop your level of expectations.

Right now you are in a situation which is out of balance.

You are still 100% exclusive while he obviously broke that rule.

To bring back the balance, you need to take back part of what you invested in him so that you feel more secure and protected.

An infidelity is a warning sign.

It says:

"Look how vulnerable you are. He takes one side step and your life is destroyed".

This is what happens to millions of couples and individuals around the world.

## How To Get Your Power Back When He Cheats On You

If you want to feel stronger and empowered, you need to be in a space where you are ready to deal with a cheating partner any time anywhere.

In fact you need a solid strategy for such situations.

A part of you stays awake and alert.

He must know that.

He took one wrong step, now take something back from him: don't go into the "one on one" exclusive romantic dream.

This is a wake up call.

What do you need to ad?

Awareness.

Have your eyes wide opened!

You need to be ready any time anywhere.

How?

- **Have a material base which does not depend on him.**

Your job, place where you live, belongings... All these must be yours and only yours.

If he misbehaves and you want to break up, you need to be able to do that on the spot without delay and still keep your full material base.

This means independence.

Him cheating must not threaten your material security.

- **Your friends and social circle must be yours as well.**

Check which people who would actually stay connected with you if he was not around.

Focus on these friendships and let go of the connections which depend on his presence.

## How To Get Your Power Back When He Cheats On You

Have some good male friends who care and value you as well.

- **Develop a healthy life style.**

Your body is your greatest asset.

Take care of yourself.

Eat healthy and exercise.

- **Stay attractive and active in a flirting way.**

Don't go into the comfortable and cozy relationship mood. He already proved you he can't give you that security.

What is left?

- **Romance**
- **Love**
- **Passion**
- **Fun**
- **Complicity**

What did change?

- **Your power base!**

You now rely on yourself and you invest in him differently.

The balance of power is totally different here.

You need a mind set which gives you security with or without him.

If he was cheating again, there must be minimal damage.

You can't totally avoid emotional hurt but you can secure your material base and build your life in a way which is not dependent on him.

Suppose you start like that.

What does it tell him?

One wrong move and you are gone.

You see the difference?

You've got the power no matter what.

How does it evolve on the long term?

Suppose you get your own place.

Don't give him the keys.

It is your house, not his.

Protect your personal space.

Don't let him leave things behind.

He is a guest when he comes to your house.

If this works out, he stays respectful and you notice he is genuinely in love with you, take small steps in his direction and see how it feels: "clear a draw for him or invest in a holiday together".

Be ready to step back any time.

You see, the difference with this attitude is that you are the center of your life, not the couple.

You rely on yourself first.

If this works out, and you feel you can trust him at 100%, the next moves will naturally follow.

There is no need for paranoia, but it is okay to remember in the back of your mind:

"What if it happens again?"

"What would I do?"

And have a strategy ready for that.

If you think:

## How To Get Your Power Back When He Cheats On You

"Hey... He'll be my husband and will give me peace, security and anything I need... I'll take care of the children, raise the family..."

This makes you very vulnerable.

If the small steps you take do work and you feel it is growing naturally, then sure, move forward.

However, if you notice that the moment you invest yourself in him, you face an emotional struggle and do not get your needs met, then step back and get your full power back: this your own independence and personal integrity.

I know it is tough to shift your "relationship model" when you had this romantic dream in mind.

The truth is that you can end alone any time anywhere.

If you know how to survive by yourself, this gives you an immense sense of power and security for your future.

More than 50% of marriages end within 7 years!

What people call now a life time of commitment can in fact be a very short "life time".

Relationships are struggling to find new models which work.

You tend to want it all: freedom, independence, security.

You tend to want this as an individual and as a couple.

The problem is that your couple's interest often does not match the individual interests.

Individuals go for what they want first.

This creates clashes which can destroy relationship dreams.

It happens an immense lot today!

Is this bad?

It is simply evolution.

## How To Get Your Power Back When He Cheats On You

You can shift your mind set so that what you create matches today's modern behavior trends.

The marriage model is based on beliefs which are more than 2000 years old.

Your modern mind set has evolved since then.

You have new needs, values and desires.

You can try to hold onto the traditional model or go with the flow and design your own, new and unique relationship equation.

You get lots of warnings.

The one you just got (infidelity) is one of those.

You can of course go for marriage, family life and commitment but you need a real empowering strategy to make it work.

The marriage contract and the church vows are by far not enough to secure a full long term commitment.

I believe all options are open.

You can choose your path.

What I give you here is simply an open alternative so that you can decide for yourself.

Don't "fall" in love.

Be in love with your eyes wide open.

Use your heart and your head.

# **Part 7 – Infidelity dynamics**

## **Infidelity dynamics**

When you are in a relationship, you usually agree to being committed to your partner.

Commitment means exclusivity.

It says that you won't share intimacy or have intercourse with someone else.

When you get married, you even sign a contract which says you will be faithful to each other.

When you have infidelity, this is usually seen as betrayal.

Many cultures treat adultery like a crime and have heavy forms of punishments to it.

## Why does infidelity happen?

If your partner cheats on you, this is probably the first question you want to answer: "Why?"

Here are some answers and ways of looking at it.

You have two mind sets in you:

- **The first mind set is instincts and nature**

Humans needs to procreate.

It is an instinctual response.

The priority according to nature is to make sure that the human race lives on.

This means that your instincts are designed to respond to desire and sexual attraction.

- **The second mind set comes from culture and society**

In that context, you create a couple cell with very clear boundaries.

This second mind set protects the emotional security of your couple.

It designs a behavior structure which stabilizes and empower what you share with your partner.

This second mind is based on commitment, faithfulness and exclusivity.

When you or your partner have an affair, you break away from your couple's agreement and betray the spirit of your relationship.

What gives you the power to break your couple contract are instinctual sexual impulses.

Nature generates them.

## How To Get Your Power Back When He Cheats On You

Now, part of your role as a human being is to work with the forces of nature and tame them to a certain extent.

When you or your partner are unfaithful, you are actually faithful to a part of yourself.

You say "Yes!" to some of your instincts.

You can see that these two mind sets can enter in conflict. These two mind sets function with different priorities. What "nature" sometimes tells you to do is very different than what society and culture want to see in you.

This lead to a very ancient question: "Is monogamy natural?"

I won't take parts here, because this is simply a mental debate.

Let's find more answers along that line.

## What is the force stimulating someone to cheat?

As we discovered in the previous chapter, part of this force comes from nature. The need for sexual satisfaction is embedded in your instincts.

Here is another way to look at it:

You have two "spirits":

- **Your individual spirit**
- **Your relationship's spirit**

When you or your partner are having an affair, you put your individual satisfaction or spirit first.

You put aside, the needs for your relationship and put your needs first.

This is why it is seen as betrayal: because you betray your couple by breaking the law of commitment, exclusivity and faithfulness.

On the other hand, you respect your own individual needs by putting yourself first and even empowering a new love connection.

When you cheat, you first say "No" to your existing couple and "Yes" to a new connection.

If you take this one step further, you can eventually fully transfer your energy to a new couple cell and create a new relationship spirit you decide to be faithful to.

## 4 degrees of infidelity

Cheating or infidelity has many degrees to it.

This is only a model which helps you understand the dynamics involved:

- **First degree – Light attraction**

This is what happens when you have a crush, fantasy or feel attraction for someone else than your partner.

This type of light attraction. It can happen through simple eye contact, some light flirting at a party.

This does not involve intimacy or real betrayal of your relationship.

It becomes a real threat for your relationship only if you act on it

- **Second degree - Intimacy**

Some light intimacy is already totally different.

Kissing someone else than your partner is not usually accepted.

- **Third degree - Intercourse**

Intercourse takes this one step further because you share a more profound form of communion with a lover.

- **Fourth degree – Break up**

This is the moment you decide to put an end to your relationship. It becomes permanent.

In society and your couple, the first degree is usually not considered to be cheating.

Chatting with a stranger, even if you fancy them is usually not seen as cheating.

## How To Get Your Power Back When He Cheats On You

It still can challenge your couple but the dimension of the challenge is purely emotional.

If your couple is very strong and you share lost of complicity, any light external attraction is usually okay because you know you trust each other.

## **Infidelity statistics**

Infidelity is not dysfunctional.

It is almost the norm.

The accepted numbers from various sources say that in the western world around 50% of people both men and women admit having cheated on their partner at least once.

We are talking about cheating as intimacy here.

If you bear in mind that these are the people who do admit it, this proportion is probably even higher.

This means one thing: the question is not whether your partner or you will cheat somewhere along the line; it is rather "how will you deal with it".

If you know this, it puts the infidelity behavior into a brain new perspective.

Now, you still have good chances to be in a totally faithful couple.

However, it immensely empowers your couple to have effective strategies to deal with infidelity issues.

## **Relationship boundaries**

Some couples are perfectly okay with the idea of an open relationship.

They go for new relationship equations which open the door to polyamory (sharing love with more than one partner).

Relationship boundaries are this invisible set of behaviors and attitudes which are accepted.

Most couples are okay with one or both partners having friends from the opposite sex.

A light flirt (no intimacy) is usually not considered as cheating.

Cheating happens usually when there is intimacy or intercourse with someone else.

What matters with relationship boundaries is that you both agree on them.

These boundaries are established through dialogue and understanding of mutual needs.

Some boundaries are very limiting. For instance if your partner gets jealous as soon as he sees you talking with someone else, you will feel constricted and limited even if you are not doing anything wrong.

Cheating is not a thought.

It is an action.

There is fine line here.

What about emotional cheating - Fantasizing about someone else?

Is this cheating or not?

Can this be called infidelity or adultery?

Of course not.

What makes the difference is action.

Now, sometimes premeditated action is already condemned.

For instance if you catch your partner just before having sex with a lover, obviously it is almost cheating.

There are many fine lines here.

There is isn't a unique way of standing in it.

What matters is the agreement that you have with your partner.

Boundaries are relationship limits you design together.

You talk about what is okay or not.

Sometimes, trying to reinforce a boundary which is too limiting might be destructive for your relationship.

For instance if you freak out every time you see your partner speaking with someone of the opposite sex, this will create lots of tensions between the two of you.

Establish boundaries which are healthy and that you can express easily.

For instance, if you are a man, you can tell your partner:

"I am fine with you talking to other men. In fact it values me. It makes me realize how lucky I am to be with you. I know however that I would not stand you being intimate with a guy. This is definitely my limit"

Usually, relationship boundaries need to work both ways.

If you are a woman and your partner is fine with having light flirts with his female colleagues at work, he has to be okay as well with you laughing loudly at a party with an attractive hank!

# Part 8 – MP3 Audios

[Two types of situations - 4 min - MP3](#)

[If he feels guilty - 5 min - MP3](#)

[If he blames you - 6 min - MP3](#)

[Keep your head cool - 7 min - MP3](#)

[Understanding why it happened - 8 min - MP3](#)

[2 essential boundaries - 7 min - MP3](#)

[Protect your personal space - 3 min - MP3](#)

[Keep the communication channels open - 6 min - MP3](#)

# Conclusion

I hope you enjoyed this book!

Feed back? Questions? Success stories?

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For coaching:

<http://vitalcoaching.com/coaching.htm>

For more:

<http://vitalcoaching.com>

To your power!

Francisco Bujan